I'm not robot

Self observation red hawk pdf download

Self observation red hawk pdf. Self observation by red hawk.

This book delves into the practice of "self" study known as self observation, a process long overdue for attention. With the rise of screens, TV and computers have severely impacted the brain's ability to focus, affecting up to 90% of people under 35 with attention-deficit disorder. The book provides a non-pharmaceutical approach to heal this dysfunction, restoring attention to its full potential as a powerful tool for success in life and relationships. A critical analysis of humanity's current state reveals a disconnection from conscience, exacerbated by environmental degradation, cancer, and other health issues. The author suggests that failure to develop consciousness is the root cause. Self observation, he argues, is an ancient, scientific method proven to cultivate this inner guide for awakening and moral living. This comprehensive book caters to readers of all levels, offering in-depth analysis and practical application of self observation. Unlike numerous other books on self-help and meditation, it provides a unique focus on self-study via self-observation with remarkable depth and clarity. The author of the book emphasizes that self-observation is the key to developing conscience and a moral life. He argues that it's an ancient and proven practice that can help individuals awaken their inner guide. The book is intended for both beginners and advanced students of self-observation, offering a detailed examination of this practice. To read and re-read, with repeated insights and realizations! The author's work is akin to an owner's manual for humans, providing clear guidance on self-observation and personal growth. To fully benefit from this book, one must be willing to put in the effort and practice self-reflection. September 2, 2013 This book contains many valuable insights that have changed my worldview and sparked new perspectives. Although I struggled with the author's writing style and repetitive explanations, it has had a lasting impact on me. May 29, 2019 Unfortunately, I was unable to finish this book due to its rehashed Eastern philosophy and subpar word choices. December 1, 2021 This masterpiece is a must-read for anyone interested in personal development and meditation. It offers profound insights that have the power to transform one's life. August 1, 2023 I was initially excited to read this book, as it was recommended by Dr. Nicole LePera, an enlightened therapist whose content resonates with me. Unfortunately, I found the writing to be poorly executed, filled with syntactical errors and illogical statements. January 5, 2018 Despite its flaws, I appreciate the author's effort to explain complex ideas in simple terms. The book serves as a useful complement to Vipassana practice, offering clear guidance on self-observation. July 25, 2017 This book is perfect for beginners looking to learn about mindfulness. The authors mentioned earlier provide clearer explanations. February 5, 2022 This book offers deep insights into human psychology and provides tools to overcome habits. Red Hawk's expertise shines through, making it a great read that I've recommended many times. It's like giving yourself a beautiful gift. March 15, 2018One of the best books I've ever read! A must-read for anyone interested in personal growth. April 29, 2019 March 7, 2021The first half was excellent but it started to lose steam towards the end. Despite that, it's still a very good and insightful book. October 30, 2024I didn't enjoy this book much, but some of the people quoted in it are worth reading. March 25, 2016This book is both loved and hated. On one hand, the author shares their experience and unique perspective on Fourth Way concepts, including self-observation. The practical advice on using body sensations with self-observation is useful. However, the book suffers from too much theologizing and unnecessary content. Some concepts, such as the soul being an 'angelic being,' are not relevant to the Fourth Way material. The poetry at the end of each chapter doesn't relate to the previous one. Most concerning, the author confuses Self-Remembering with self-observation, which is a fundamental difference in these practices. Overall, it's still worth reading for those interested in the topic. As I reflect on my experience reading "Gurdjieff-Fourth-Way Meditation Psychology," I realize that it has had a profound impact on me. Although I've only scratched the surface, I know that this book will continue to resonate with me in the years to come. One key takeaway is the importance of acknowledging and overcoming my ego's resistance to doing "The Work." This realization has been a powerful catalyst for change, but it's also led to new challenges as I struggle to maintain momentum. To make progress, I've found it essential to cultivate mindfulness by observing my thoughts and emotions without judgment. This practice is not always easy, but it's the only way I know that will bring me closer to achieving my goals. I'm aware that this journey won't be without its difficulties and setbacks, but I'm committed to seeing it through. This book is a must-read for anyone seeking to improve their mental well-being and find greater fulfillment in life. However, it's crucial to recognize that the path ahead will require effort and dedication. If you're not willing to put in the work, you may struggle to reap the rewards. Revisiting a timeless guide to self-awareness, "Self Observation" by Red Hawk offers a profound journey of introspection. This comprehensive manual provides a framework for understanding the human experience, encouraging readers to peel back the layers of their consciousness through the practice of self-observation. The book is divided into 20 chapters, each delving into the complexities of the human psyche. The author invites readers to embark on a path of self-discovery, acknowledging that true change can only occur when we develop a deeper understanding of ourselves. Key concepts include the importance of trust in one's instincts and feelings, as well as the need for ruthless self-honesty. The text also explores the concept of self-remembering, where individuals are encouraged to focus on bodily sensations and momentary identification with their thoughts, emotions, and behaviors. Throughout the book, Red Hawk emphasizes the significance of attention and willpower in overcoming external influences that can lead to a lack of awareness. The author also highlights the importance of observing one's habits, noting that true freedom comes from recognizing and letting go of unconscious patterns. Ultimately, "Self Observation" presents a powerful guide for those seeking self-awareness and enlightenment. By adopting the four fundamental principles of self-observation – without judgment, focus on bodily sensation, don't change what is observed, and ruthless self-honesty – readers can cultivate greater understanding and inner peace. Feeding Cycle & Default Position Most people live in survival mode, governed by the instinct to protect and feed their emotional patterns. The First Responder is often a default position, fueled by rage and terror from within. Conscious Choice & Fragmented Self When we're awake and conscious, we choose our reactions; otherwise, our habit cycles take over. Each of us has multiple identities, self-divided, fragmented, and in conflict. Denying Force & Resistance to Work Resistance to the work is inevitable and necessary, but it's also a sign that buffers are at play. These buffers distract us from confronting our true nature and can be categorized into five types: blame, justification, self-importance, self-pity, and guilt. Corridor of Madness & The Law of the Work To enter the Corridor of Madness, we must confront our fragmented selves and pass through our madness. Self-observation and self-remembering are key to safely navigating this process. The only way out is through, and basic goodness resides within each human being. Effortless Effort & Voluntary Suffering Rest in effortless effort rather than trying to fix everything at once. When conscience awakens, we feel like hypocrites; instead of diverting attention, we should focus on seeing and feeling our true nature. Five main distractions – money, sex, power, fame, and drugs – can divert us from this inner work. Awakening Intelligence & Thinking Outside the Box The awakening of intelligence occurs when we realize we cannot change by ourselves. We're trapped in a recurring cycle, but to move outside it, our intellectual center must become passive, alert, receptive, and organically ignorant, acknowledging that "I don't know." Moving beyond ordinary intelligence, we transcend our physical limitations and connect with higher centers, intuition, and inspiration. Real intelligence arises from a clear channel between the heart, mind, and higher centers, allowing us to receive wisdom. It's not about obtaining knowledge from within, but rather allowing it to flow in. Practical uses of the mind include observing, solving technical problems, communicating, and aligning with our hearts. As we practice self-observation, we may initially experience shock and horror upon confronting our own limitations and worn patterns. This discomfort is necessary for transformation, as it awakens our conscience and helps us release identification with the neurotic mind. We must choose to work with our conscious minds, rather than being driven by habits and emotions. The shift in context involves not-doing – breaking free from our identifications, hopes, and dreams. We can live in reality itself, rather than being defined by it. Inspiration arises from feeling, not emotion. Anger, sadness, happiness, and fear are emotional responses to dangers in the environment. To facilitate self-observation and self-remembering while reading, maintain a straight spine, feet on the floor, and focus on bodily sensations anchored in presence. By ceasing identification with what we're not, we cease suffering. The path of self-observation without judgment or trying to change is one of awakening conscience – observing ourselves honestly until our conscience awakens. “True understanding is a product of honest introspection, not something that can be forced or changed at will. Conscience is the direct line to one's higher self, guiding us towards wisdom and compassion. However, our lower centers often drown out this guidance with their constant chatter. Real love operates within clear boundaries, while fear has none. The act of observation itself changes what we see, and true intelligence comes from listening to our intuition and inspiration. The path to transformation lies in acknowledging our weaknesses and embracing the unknown. By admitting 'I don't know,' we open ourselves up to real intelligence and the guidance of higher centers. To integrate these teachings into daily life, one must cultivate self-observation through bodily sensations, emotional awareness, and mental clarity. The practice involves releasing unnecessary tension, thought patterns, and emotions that hold us back. At the core of every human being lies basic goodness. By remembering this, we can work towards creating harmony within ourselves and others. True love and relationships require boundaries to endure, but it's the willingness to grow, confront our weaknesses, and listen to our higher self that ultimately leads to transformation and wisdom.” Living without limits, setting boundaries for personal growth and relationships is key. A love-filled existence fosters self-awareness. This thought-provoking book guides readers towards inner enlightenment, a journey worth repeating multiple times. With each reading cycle, new insights emerge, but only when you're mentally prepared will the knowledge reveal itself.